



WE CAN BE STRONGER THAN DIABETES

Every Day is a New Beginning

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to this podcast series on diabetes, brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

This podcast features *Every Day is a New Beginning* – a new music video taken from the NDEP *Step by Step* music CD/DVD promoting increased physical activity.

Come on everybody, don't waste this chance.
You got a new beginning.

Aowww!
Every day is a new beginning.
Ah, it's a new beginning now.
Every day is a chance to praise.
You know you gotta praise
Every day is a day of glory. Ooo glory!
Get up! Rejoice! Rejoice!
Celebrate, celebrate, what comes your way.
Come on.

There are times when my life gets heavy,
All my trials weighing down on me.
It's so hard to keep on going.
Yesterday wasn't all it was meant to be.

Every day is a new beginning. New Beginning!
Every day is a chance to praise. Another chance to praise!
Every day is a day of glory. Oh, glory!
So get up! Rejoice! Rejoice!
Celebrate, celebrate, what comes your way.

Don't get down with your heavy worries.
Feel the faith, feel with all your might.
Brighter days are around the corner.
Keep yourself moving towards the light.
Oh yeah!

Every day is a new beginning. New beginning.
Every day is a chance to praise. Just go on and praise, yes.
Every day is a day of glory. Glory, yeah, yeah.
Get up! Rejoice! Rejoice!
Celebrate, celebrate, what comes your way.

I gotta keep on movin', movin'. Oh! Oh! Oh!
Oh, don't you ever
Oh, waste a new beginning
Hey, hey, wha-oh-oh!

Gotta get up, gotta get up, get up, gotta get up, gotta get up, get up
Every day is a new beginning

Gotta get up, gotta get up, get up, gotta get up, gotta get up, get up
Just another chance to praise, yeah
Whoa, oh, oh

Gotta get up, gotta get up, get up, gotta get up, gotta get up, get up
Day of glory

Gotta get up, gotta get up, get up, gotta get up, gotta get up, get up
Rejoice celebrate what comes your way
Yeah every day,
Yeah, who's the heaven in the sky
Don't waste a day

Yeah
Go home and...
Come on, yeah, yeah
You've got to praise, I know
Come on, yeah,
You've got to get on on up

Every day is a day of glory
Come on, yeah,
Get up get up get up!
So praise, Oh yeah

Every day is a new beginning
Gotta get up, gotta get on up, keep on movin'
yeah yeah

Every day is a chance to praise
Oh Why don't you come on and get on up
Gotta get up

Every day is a day of glory
Keep on movin' movin' movin'
Get up, rejoice, celebrate what comes your way

Gotta get up
Get up get up, alright

Get your free *Step by Step* music CD/DVD from the National Diabetes Education Program. Download or order from www.ndep.nih.gov or call 1-800-438-5383.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.